

## English Pea Salad<sup>25</sup>

Number of Servings: 25 (112.07 g per serving)

Amount	Measure	Ingredient
2 3/4	qt	Peas, green, ckd f/fzn, drained
2 3/4	cup	Cheese, cheddar, fancy, shredded
1/2	cup	Spice, onion, minced, dehyd
2 3/4	cup	Dressing, mayonnaise, light
3.00	Tbs	Milk, 1%, w/add vit A & D

### Nutrients per serving

Nutrition Facts			
Serving Size (112g)			
Servings Per Container			
Amount Per Serving			
Calories 170	Calories from Fat 90		
% Daily Value*			
Total Fat 10g	15%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 10mg	3%		
Sodium 370mg	15%		
Total Carbohydrate 15g	5%		
Dietary Fiber 4g	16%		
Sugars 4g			
Protein 7g			
Vitamin A 30%	Vitamin C 15%		
Calcium 6%	Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Instructions

Combine onion, mayonnaise and milk. Add cooled cooked peas. Lightly stir in shredded cheese. Chill. A little more milk may be added to make creamy if necessary.  
Serve 1/2 C serving (#8 scoop) = 1 CS

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

#### Holding :

- Hold for cold service at an internal temperature of 41 F or lower.

#### Storing :

- Store refrigerated at an internal temperature of 40 - 45 F.